

CHIROPRACTIC MANAGEMENT OF FIBROMYALGIA



Fibromyalgia syndrome (FMS) is an elusive condition of no known cause, mostly affecting women (female-male ratio, 10-20:1); in which patients report chronic widespread pain as their main symptom, in many cases also including fatigue or low energy, sleep difficulties, brain fog, memory loss, irritable bowel, anxiety, depression, headaches, and other symptoms. Fibromyalgia Syndrome is one of the most common chronic pain conditions seen in all fields of manual therapy, including chiropractic

Recent data supports the idea that the widespread pain associated with FMS is caused by central nervous system dysfunction manifesting peripherally throughout the body. Historically, FMS treatment mostly consisted of medication including analgesic, anti-depressant, and anti-seizure drugs. The fibromyalgia community has been unsatisfied with this option due to the lack of effectiveness and potential side-effects associated with these medications.

The American Pain Society's treatment guideline for fibromyalgia now suggests patients try other complementary/alternative treatments including chiropractic adjustments and care for pain relief. There is a growing body of evidence for the conservative care for FMS using chiropractic adjustments. In addition to chiropractic adjustments, patients with FMS receive the best results when their chiropractor encourages the patient to take an active approach, providing instruction on appropriate exercises, lifestyle education and positive emotional support.